



I have diagnosed _____
(Name of Patient)

with pre-diabetes based on the following criteria:

- ☐ A1C 5.7—6.4%
- ☐ Impaired Glucose Tolerance 140—199 mg/dl
- ☐ Impaired Fasting Glucose 100—125 mg/dl

I am referring this patient to a diabetes prevention program.

Print Name

Signature

Medical Facility

Date

Diabetes Prevention Program in Washington

The YMCA offers a 16-week program for people with pre-diabetes. This program decreases your risk of diabetes by promoting healthy weight management, increasing activity and improving nutrition in a friendly group environment.

Please contact the Health and Wellness Director at the YMCA near you for more information about the Diabetes Prevention Program.

Seattle YMCA Locations

Lindsey Gregerson
(206) 344-3181
lgregerson@seattleyymca.org



Wenatchee Valley YMCA

217 Orondo
Wenatchee, WA 98801
(509) 662-2109
www.wenymca.org

Gig Harbor YMCA

10550 Harbor Hill Drive
Gig Harbor, WA 98332
(253) 853-9622
www.ymcatacoma.org

YMCA of the Inland Northwest

930 N. Monroe
Spokane, WA 99201
(509) 777-YMCA (9622)
www.ymcaspokane.org

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Need Refills?

Diabetes Prevention & Control Program
Washington State
Department of Health
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